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Located at 170 Bloor St. West, the firm will be known as O'Day Associates of Canada Ltd.

Irwin Haladner of Toronto who has had extensive experience with sailing programs through his association with children's camps, has been appointed president of the new Canadian Company.

George D. O'Day of Boston, Mass., and Duncan J. Scott of Fall River, Mass., have been appointed vice presidents. Mr. O'Day, president of the U.S. firm, has an international reputation as a sailing champion

and yachtsman. He is one of the foremost authorities on sailing boats in the United States. Duncan Scott is president of Marscot Plastics Inc., manufacturers of fiberglass plastic boats, shapes and sheets. (Fred Haiblen, president of Jedwin of Canada Importers, has been appointed secretary-treasurer.)



The new organization will handle the O'Day line of fiberglass sailboats and outboards. All the boats were designed by famed marine designers and molded by Marscot Plastics in fiberglass. (A showing introducing five models of their sailboats will take place at the Ontario Camping Association Conference, March 6 and 7th. These will range in size from a 10 ft. Trainer to a 19ft. Day Sailer. Also on display is the Hunter 19, an outboard boat,

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COMPILED AND EDITED BY

ALAN KLEIN,

*Professor Graduate School of
Social Work, University of Pittsburgh.*

and

IRWIN HALADNER,

Director, Camp Wabi-Kon



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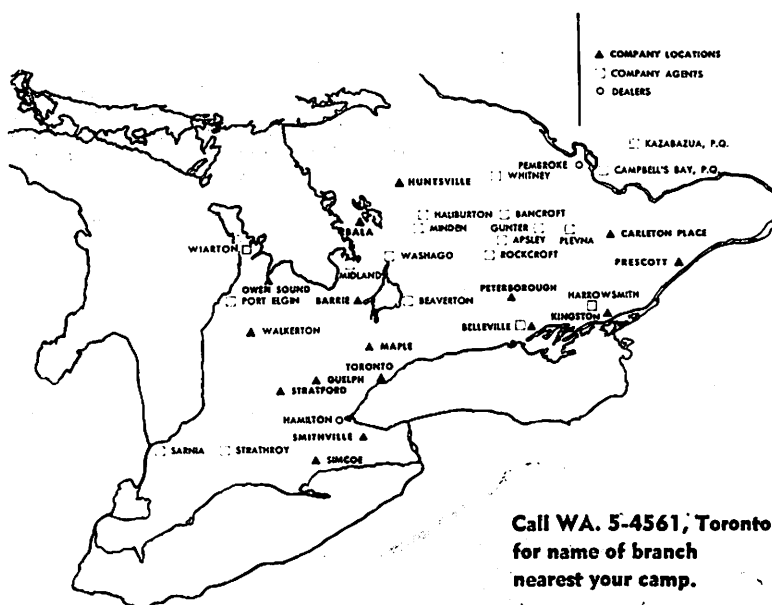
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DON'T GET LOST IN THE WOODS

*F. M. Van Wagner, President,
Canadian Camping Association*

There may be little risk of campers getting lost in the woods, but it has happened and could happen to OUR campers. The seriousness of being lost depends on how one reacts to the situation. Limited knowledge and good judgment, of course, are needed.

For this reason we believe everyone should receive at least a minimum of instruction on how to avoid getting lost, and what to do if they should get lost. There is no better place for such instruction than at camp. We make a brief statement on this subject to all campers during each half season, in the same way that we cover water safety rules for use of small water craft.

On the occasion of these general announcements, no attempt is made to cover the subject fully. This can better be done at other times with smaller groups.

These few points are emphasized to camp parties when travelling in the woods:

1. No individual should ever leave the party to do any exploration on his own.

2. When away from their camp site, the party should always carry a few minimum essentials which would include a map, compass, matches, axe (or knife), and some food in the form of emergency rations.

3. Whenever they leave the trail, they must carefully blaze their route so that they can easily return to their starting point, should they wish to do so. If this advice is followed, it is difficult to see how anyone could ever become lost.

However, if, in spite of all precautions, you do become lost, stop at once and sit down. Someone will be looking for you soon, so stay where you are. Do not try to find your way home under any circumstances. Call every few minutes to attract attention of searchers. If you have to remain overnight, gather dry wood and make a fire.

The principal emphasis is placed on the importance of staying where you are and not travel, as the problem of finding a lost party which is on the move becomes increasingly more difficult with each mile travelled.

—●

FATIGUE

A MAJOR HEALTH PROBLEM IN CAMPS

*J. H. Ebbs, M.D., Medical Director,
Taylor Statten Camps, Toronto*

It is probably only natural that some campers will experience fatigue and suffer from its effects, when one considers the marked change in environment from home life to that at camp. The trip to camp, with its excitement, anticipation, tension and in some cases apprehension, results in a very tired camper, both physically and mentally. However, this is something which is easily overcome by a night of good rest. While we have no desire to "molly-coddle" and over-protect, we must recognize the results of fatigue and whenever possible prevent its occurrence.

What is Fatigue? It is the experience of feeling the whole body in a state of discomfort and limpness with a lack of desire to continue the same kind of work or activity.

Physical fatigue: is well known as the feeling of wanting to stop and rest, or to sleep after being very active or after doing something for a long time. Examples of this are many at camp, such as swimming, running, paddling and long periods of crafts. Fatigue in some cases is produced by great exertion for a short time resulting in an

oxygen debt, and rapid breathing with increased heart rate. A short rest will cure this condition. Long continued effort on the other hand will cause the tired, sore feeling and takes much longer to recover from.

Mental fatigue is experienced with long periods of study, reading and concentration. In camp we see it when there is prolonged activity in one thing resulting in lack of interest, boredom, and loss of enthusiasm by the individual or the group. The camper becomes bored, lackadaisical, irritable, tense or jumpy.

Emotional fatigue is seen in moody campers, or associated with periods of anger, frustration and jealousy. It should be watched for in those who have fears, are unhappy, or who secretly are homesick. These children look unhappy, pale, and often have dark circled eyes, with signs of tiredness more marked in the morning, when they would be expected to be refreshed.

Factors contributing to these signs of fatigue are many but a few can be listed.

Individual variation in skills is easily recognized, but it is sometimes difficult to appreciate differences in endurance. Some campers seem to be able to stand much more physical activity and mental stimulation than others. This is seen on trips when the same campers will complain of being tired before others in the group.

Age is, of course, a factor and we do not expect a six-year-old to be able to do the same amount of work or keep at it as long as twelve-year-olds. We should look at the camp programme and note how many activities are the same length for young campers as for older ones. The leader should also be conscious of the fact that his strength and endurance is far beyond that of his group and must expect them to complain of tiredness earlier than he will feel it himself.

Body type is easily recognized as a factor, and the solid muscular body will usually fatigue less easily than the thin, frail type of body build.

Personality types can be picked out at camp, particularly the nervous, tense, worrying youngsters who never seem to rest.

Health factors, both present and past conditions, especially infections, will reduce the child's ability to work and avoid fatigue. It sometimes takes several days to convalesce from a sore throat and regain full physical condition. Children who are known to suffer from hay fever or asthma may have mild attacks which will produce signs of fatigue. Poor nutrition, seen in those who eat a faulty diet over a period of time may show earlier signs of fatigue than others.

Environment plays a minor part in chronic fatigue, especially the physical

arrangements for living. Tents, cabins, swimming and play areas which are too crowded increase fatigue. It is well known that excessive heat or very cold weather will interfere with physical activity.

Lack of Sleep is, of course, a major factor in producing fatigue, since the body must have sufficient time in which to restore its tissues for additional work. Children must have time to grow and we know that growth takes place while the body is at rest. Some campers need more sleep than others, some stay awake later at night and disturb others, while some awaken too early and try to awaken others who need additional sleep. The comfort of beds and bedclothes play their part in proper sleep, and, of course, a camper who has nightmares is usually not so well rested as others.

Worry and fear, such as thunder storms, accidents, fights, inter-group troubles, night noises, frustrations and worry about activities in which they have previously failed, all contribute to the feeling of tiredness.

Physical condition depends upon previous physical work, and some have had more opportunity than others to get into condition. No one reaches the limit of exertion.

Boredom results from faulty programme, lack of enthusiastic leadership or prolongation of the normal attention span for the age of the group.

Results of Fatigue:

1. Irritability — sometimes ending in behaviour disturbances, emotional outbursts and change in normal personality.

continued next page

2. Loss of interest in activity is, of course, early and may be associated with an inability to concentrate.

3. Health hazards, which are associated, are the tendency to headaches, loss of appetite, loss of weight, and susceptibility to colds. Severe physical fatigue often precedes serious infections.

4. Safety hazards associated with fatigue are loss of attention, diminished skill, carelessness and a lack of keenness in appreciating danger.

What can we do about fatigue?

If it occurs, we can have the child examined medically to rule out such causes as infection or disease, and eliminate the cause if possible. The total camp programme should be evaluated to see if it is too active, too stimulating and if there are tense situations developing. The group should be looked at to see if it is poor leadership, if there is any disturbing influence in the group, and if a change is needed either in group personnel, counsellor or activities. The individual with fatigue may be homesick, worried or trying too hard to do physical things. A separate period of rest from the group, a special programme or freedom from routine may eliminate some of the troubles.

Prevention is most important and should be part of a well-organized camp. Get the campers into good condition in order that they can enjoy the camp holiday. Have the camp ready for them so that there is a minimum of confusion over baggage, beds and physical arrangements. Explain everything possible to new campers in order to overcome worries, fears, and apprehension. Grade the physical ac-

tivities in the early days of camp by having shorter activity periods and more "free" time. Plan periods of "relaxing" programme. Rest periods should be prolonged before and after special events and especially during hot, humid weather.

Sleep should be of as much concern as food and water safety. Use the following schedule as minimum hours of sleep, rather than time in bed. It is better to err on the side of overdoing it.

6- 8 years	11	hours
9-11 years	10½	hours
12-14 years	10	hours
15-17 years	9	hours
Staff	at least 8	hours

Institute patrols for early wakers and have quiet retiring periods with evening programmes which "taper off".

Programme plans should be changed if unusual conditions arise, such as hot weather, numerous colds, and unexpected happenings. Create interest and maintain enthusiasm by repeatedly putting something new in regular programs. Continuous comment from the director about performance of groups and individuals should be maintained. Never lose an opportunity to praise.

Constant watch for signs of tension, worry and irritability in individual campers and in groups will allow the director to find the cause and prevent loss of interest and the more serious results of fatigue.

All of the above is equally important and perhaps more-so for members of the staff, who cannot be satisfactory leaders if they are suffering from fatigue. The camping experience is so much richer if it is unhampered by over-tiredness.

SOMEONE'S IN THE KITCHEN WITH DINAH!

By Joyce Bertram,

Director, Camp Ouareau



If you feel — as I did — that too much of your time during the summer is spent in the kitchen, that too much of the milk of human kindness in your veins is being distilled for the benefit of cook and kitchen staff, that life is too short for you to have such headaches — then perhaps you will decide to have a caterer, as I did.

I cannot speak for all caterers, naturally, but the arrangements I was able to make with a big firm in Montreal enabled me to have a completely free mind at all times about my kitchen, my kitchen staff and my meals. Dish-washers could come and go as indeed they did on several occasions but the “cook-manager” coped with all emergencies. From the day my counsellors sat down to their first meal in camp, until the last weeping child was waved out of the camp gates some eight and a half weeks later, everything went with scarcely a hitch. There may have been hitches, indeed I knew about one or two, but the beauty of the whole idea was that I didn’t have to do anything about it.

Catering will cost you a good deal more money, do not be deceived about that. And you can buy a great many bottles of aspirin for the extra money

you will spend. I happened to think it was worth it. Perhaps you will too.

If you plan on spending X dollars for your food for the summer, count on 10% of that for the caterers’ fee. Then add another nebulous amount (depending on how large a kitchen staff you have had and what you have paid them) for kitchen staff. The caterers will engage the staff, and are responsible for them in every way, but YOU pay them, and you pay them what the caterer agrees to. And this is where your expense lies. The competent people whom the caterers employ cost more than most camps have been in the habit of paying. For instance, dish washers this summer cost me \$35.00 a week each. In previous years they cost \$16.00. But these women did the job and many others, while the high school girls employed previously did almost nothing.

Menus are decided before camp and depend to a large extent on your proposed budget for food. They are made up for two weeks so that a child coming for four weeks has the same thing only twice. Hot dogs, ice cream etc, are exceptions to this rule, naturally,

continued on page 98

AMONG OURSELVES

Camping is the oldest of all ways of living. The period of time in which man has lived under the artificial conditions of his own creation is infinitely short compared with the aeons of time he has lived after the manner of the trail and the camp.

Biologically, man is a product of the out-of-doors. Life in compact town and city communities is comparatively modern. All the refinements of living which characterize modern civilization have not dimmed to any appreciable degree those very ancient experiences of a life in the open.

The strength of this ancient heritage is clearly demonstrated in the universal desire of boys and girls to go camping. There is hardly an adult who does not long for the time when he can escape from the confining, repressive environment of modern city civilization to the freedom and simplicity of the open road and the camp, or to some place he can call his own in the country.

Nearly all the original inhabitants of this country were campers. The early settlers of Canada adopted, in many ways, the manner of living of the Indians. The influence of the aborigines has carried on until their trail-craft, wood-craft, camp-craft, their ceremonies and names form an integral part of the programmes of several of the great camping organizations of the present day.

Organized camping will soon complete its first century. The first boys' camp of which we can find a record was started by Frederick William Gunn

From the depths of a file of O.C.A. research material, we came upon the following writing of the beloved late "Ace" Milks, former director of Camp On-Da-Da-Waks at Golden Lake, out of Ottawa Y.M.C.A. As he briefly traced the history of camping, so Mr. Milks looked at day-to-day values in living, and turned to camps and camp directors to teach them.

in Connecticut in 1861. The first boys' camp under the auspices of the Young Men's Christian Association was organized by Sumner F. Dudley in 1885, with seven boys in attendance at Orange Lake, near Newburg, N.Y. It was moved to Lake Champlain in 1891 and still flourishes under the name of Camp Dudley after its founder.

The first Canadian Y.M.C.A. boys' camp, so far as we can discover, was organized by the Y.M.C.A. Committee of the Maritime Province and held at Chance Harbour, N.S., in the summer of 1889. The present high camp standards were pioneered by "Y" camp directors.

The educational possibilities of the summer camp have continued to grow upon its directors. The summer camp at its best, as it is today, is the result of contributions from many men and divers sources. From the hunting camps of the past, woodcraft, campcraft, the woodsman's lore, have been introduced and developed as a subject of real educational value to the growing boy. The naturalist, the ornithologist, the botanist have found in the summer camp an unequalled opportunity for interesting boys in every phase of nature study.

Playing Indian is a game every normal boy has experienced. Ernest Thompson Seton, in his interpretation of Indian life, has given to boyhood

the virtues of the race of red men. Of course there are bad Indians, but there are bad white men also; and it is perhaps from the Indian that many boys get their inspiration for camping out. By instinct and tradition, man is fond of the out-of-doors. Under the blue dome of heaven, where the sun shines, the fresh breezes blow and the silent stars look down by night — here amid life's great primal sanities, with energy, gladness and health teeming on every side, man has lived through the centuries. Here he toiled and here he also enjoyed the fruits of his labours, his wants being few and easily satisfied, his pleasures natural and wholesome. From this health-giving, wholesome life, man has developed the modern "hothouse", which is one of civilization's mistakes and which we are now trying to rectify through our city playgrounds, swimming pools, gymnasiums, winter camps, and a movement to get man back into the country. A highly-wrought and artificial civilization has produced too many luxuries, causing loss of physical and often moral stamina. The lack of home chores, the many labour-saving devices, over-heated houses and "joltless" limousines are robbing boyhood of that simple-hearted joyousness, as well as physical robustness, so characteristic of our great-grandparents. Boys should be taught early in life how to enjoy simplicity of living, before they become accustomed to the luxuries and non-essentials.

The lure of the out-of-doors is the lure to a larger spiritual life. There are many spiritual lessons to be learned from Nature. A soul that is open to the influence of Nature feels the presence of the Divine in the forests. The boy who comes closest to Nature will come closest to God. He does not express his inner feeling in adult language, but it is there in his heart just

the same. The modern boy lives at too rapid a pace. "What's doing", of boyhood soon changes into "What's the newest?" of manhood. The antidote for this unnatural living is the out-of-doors. The example of the Great Master of Men, Jesus Christ, who sought the woods and mountains for strength and renewal of life, is worthy of imitation.

The summer camp movement is one of North America's most significant contributions to education. Perhaps the highest office of the summer camp would be to make itself unnecessary by importing into our whole scheme of education the saving idea that boys and girls ought to be brought up in the country and should live a simple, sturdy, open-air life twelve months of the year. Already there are indications that the summer camp, instead of supplementing our educational system, may end by transforming it.

In eighty-seven years, from a few summer outings in the woods, camping has grown to be an important influence in the worlds of education and social enterprise. This growth has depended basically on the vision of camp directors and their ability to secure capable and enthusiastic leaders. The future growth of camping depends on those very same things, for no movement can be greater than the quality of its leaders. Being a camp counsellor requires at all times insight and imagination, for the counsellor must have sufficient vision to understand that on the guidance he gives his campers today depends the citizenship of the world tomorrow. And he must have confidence enough to believe "that it is in education of these boys and girls, rather than in the councils of statesmen, that the future of the world will be determined for good or evil."

—●

CAMP LEADERSHIP TRAINING

*By H. M. Devenney, Director
Ontario Camp Leadership Centre, Bark Lake*

The Ontario Camp Leadership Centre at Bark Lake, which is near Irondale, Ontario, has been in operation for almost a decade. The camp, a project of the Ontario Department of Education, is operated by its Physical Education Branch. It is an exceptional project since it is the only camp of its kind in operation.

Since 1947, nearly 1,500 girls and 1,000 boys have received the training offered. All candidates who have passed through the three week courses were accepted for training on the basis of a high potential ability as camp leaders as well as being in possession of the prerequisites necessary for entering the respective courses. Since instruction, meals and accommodation are provided by the Department, it is considered that there has been an investment in leadership which might well be regarded as important to the Province as a whole as well as to camping. It is interesting to note here that a large number of graduates of the leadership camps can be found in those professions where leadership of a high calibre is needed.

The camp is in the heart of Ontario's Highlands of Haliburton, in an ideal situation which holds many attractions for the camp-minded young person. Good facilities are provided for all phases of camping including Camp-

craft, Nature Lore, Aquatics, Out-tripping, Games and other activities related to out-of-doors programmes. Staff members are chosen for the Ontario Camp Leadership Centre not only because of their proficiency in camping skills, supervision, and teaching ability, but also because of their understanding of the needs and interests of campers. They are drawn from the teaching profession of both elementary and secondary schools.

The course of training is designed to help the leader-in-training (L-I-T) to gain sound experience in leadership methods and techniques. It is realized, of course, that in one short period of three weeks those who attend do not master the field of leadership. They are set on the "road" as it were, and because of their potential, gain insights to life and to themselves which are quickly realized in action later on.

Those who attend the courses are given all the responsibility in respect to planning their programmes, leading others, and organizing their activities, which can reasonably be allowed them insofar as the skeleton framework of the over-all camp administration is concerned.

Four major areas involved in what might well be called "Organization Man", are stressed, viz. - knowledge, values, skill and relationships. A few

words may suffice to clarify this for the reader.

It is expected that L-I-T-s will go away from the Bark Lake course to service in the camp of their choice with at least an elementary knowledge in these aspects of group living, particularly as they relate to living in the out-of-doors. Consequently by employing discussion and evaluative techniques the L-I-Ts go out from the course possessed of outcomes in knowledge which it is thought reasonable to expect from such a short term of training. Swimming, Waterfront and Safety; Campcraft which covers woodland wisdom, out-tripping needs and nature lore; Hobbycrafts; Canoeing; Camp Games and Special Programmes Counselling; Camp Organization and Administration; Teaching Procedures, etc; all these form the curriculum of study and participation.

We are often told in more sacrosanct circles that one of the great problems of modern living lies in the realms of values. Values, we are aware, are relevant. An increased awareness of accepted or recognized values of society for the Good Life is perhaps one of the marks of growing toward maturity. And as we do so grow we respond to the experiences of living with actions of good quality.

There are many values in camping to which the young leader in training should be introduced. Organized camping in the best sense contributes to good health through supervised activity with the emphasis on a constructive and developmental approach to it. Organized camping in the best sense will contribute toward the development of the spirit by helping campers recognize "the handiwork of God in Nature". Organized camping in the best sense will stress growth in mental, moral and

spiritual stature. The values of the Good Life should be foremost in the thinking of the organizers of camps. Campers will be led to see it as a strenuous life of responsibility and that it has its best meaning in service.

These are some of the values to which the attention of Bark Lake trainees is directed. Whether or not they are fully accepted by all, and will flow forth in action, can be borne out by the methods of evaluation adopted. These, both introspective and objective, are part and parcel of the training procedure carried out at the Ontario Camp Leadership Centre.

Leadship in camping as in all fields of human endeavour demands skill. Many of the skills of camping are physical in nature. The ability to carry out the skills of out-tripping, the ability to perform acceptably in the water, the ability to use artificial respiration, the ability to carry out the elementary physical skills required for campcraft, all these and many others constitute the physical skills of camping. But there are many, many other skills which a good leader at camp must possess. The teaching skills necessary for even a junior leader are important and while detailed methods of pedagogy cannot be studied, the L-I-Ts at Bark Lake are made conversant with teaching techniques as these are related to the various activity areas of camping. Some time is spent on counselling procedures so that the L-I-T leaves the Ontario Camp Leadership Centre with at least an elementary knowledge of those special problems related to camper behaviour.

Finally, the relationship of people to each other is stressed throughout the training period. Everyone who comes to Bark Lake, whether he be Counsellor or trainee, has this need impressed

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How the Montreal
Children's Hospital piloted

A CAMP FOR DIABETIC CHILDREN

From August 18th to 28th, 1958, the Laurentian foothills echoed with the happy song of twenty young Diabetics who were having their first Camping experience. The sponsors and organizers of this project also rejoiced in having at long last established a Camp for Diabetic Children in the Province of Quebec.

Some may wonder why Diabetic Children need a Camp of their own; others may wonder how Diabetics can go to Camp at all; and there are those who may never before have realized that children as well as adults can have Diabetes and that there are enough young Diabetics about to make a special programme for them a feasible thing.

Certainly Diabetes is not a common condition in children. However on the basis of available statistics, in Montreal alone we might expect some twelve hundred Diabetics under the age of fifteen. These children require a little more care than non-affected youngsters, but with good treatment they can lead perfectly normal lives, and carry on all forms of activity and sports. In fact sports agree very well with them, and many Diabetics are outstanding athletes. Why then can they not attend ordinary Camps?

Many Diabetic Children can and do attend regular Camps, but certain pre-

requisites are needed. A Camp should have personnel able to recognize and cope with a Diabetic emergency. Most Camps we know of prefer not to take this responsibility. Secondly, the Diabetic child should be mature enough to be able to assume full care of himself under ordinary conditions. These stipulations exclude from regular Camps a large proportion of our Diabetic Children.

The need for special Camps for Diabetic Children has long been recognized. Both in Canada and the United States there are many Diabetic Camps, some of which have been in existence for as long as a quarter of a century. In Quebec the need has also been felt, but to our knowledge the 1958 attempt has been the first one of its kind.

Thus in the Spring of 1958, several physicians dealing with Diabetes in our English-speaking hospitals of Montreal formed a Medical Advisory Committee to study the ways and means of establishing a Camp for Diabetic Children. By summer it was possible to conduct a ten-day Camp for twenty Diabetic Children under the sponsorship of The Montreal Children's Hospital and with the co-operation of The Boy Scouts Association. Both boys and girls attended, and their ages varied between eight and twelve, with the exception of four older children who attended as counsellors-in-training. The Camp

was conducted on the property and with the personnel of The Boy Scouts Association, at Camp Jackson Dodds, St. Alphonse de Rodriguez. The Camp was financed through Parents' contributions, and private donations.

For most of the children this was their first Camping experience. Two of the older children had attended Camps a few summers before, prior to the onset of their Diabetes. None of them had ever attended Camp as Diabetics.

It was obvious from their behaviour and smiles how much they enjoyed their stay. It is only fitting at this point to reiterate our thanks to The Boy Scouts Association and particularly to Miss Lillian Poltrick and her Staff who made this experiment a success. Their long experience with Camping and their very genuine interest in performing "a good turn" were the backbone of the project. The children and the Medical Advisory Committee are immensely grateful to them.

When first approached, the Boy Scouts Association wondered a little what they were letting themselves in for and understandably so. After a few days at Camp they soon became familiar with the medical aspect of the situation and adapted very easily to it.

The diet which they had worried about turned out to be quite palatable and "possibly tastier than the usual fare". This goes along with the fact that the Diabetic diet is really very good and not too different from regular meals—provided sugar is excluded and the actual amount of food eaten is measured. Nevertheless the services of a trained dietician were needed and these were secured in the person of Miss Lorna Roach who enjoyed Camp so much that she also doubled as a counsellor in her free time.

The daily Insulin injections and the testing of the urine four times a day

had been anticipated with some misgivings. However, we soon discovered that the children themselves were assuring most of the responsibility and that a little guidance was all they needed. The Camp Nurse, Miss Dorothy Ainger, together with a Diabetic counsellor and the counsellors-in-training were most effective in seeing that these vital functions be performed accurately. A paediatrician was also in attendance.

Insulin Reactions which had worried the Staff prior to Camping, proved not to be much of a problem since most reactions could be prevented by careful programming of activities and judicious alterations in diet and Insulin in accordance with the greater activity at Camp. The few reactions which did occur were easily treated with sugar which was always readily available.

It would be difficult to say which part of Camp life the children enjoyed most. Swimming, boating, hiking, crafts, campfire, square dancing, skits — all were popular and the thought of them brings back fond memories. However, the mere association with other Diabetic children was invaluable since it allowed the children to exchange ideas and discuss "problems" with other children who "knew". The average Diabetic child does not often have a chance to meet another Diabetic child unless circumstances such as those of a Special Camp bring them together. There are so few Diabetic children that most schools have none or at the most one or two, and they may be of such different ages that contact would be limited. At Camp the children share the same type of diet, and take their Insulin injections side by side. It was most gratifying to note that most children returned home having acquired new skill and self-confidence in the accomplishment of the

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"Congratulations, you have been awarded a trip to camp." These are the words heard by approximately 525 Manitoba 4-H Club Members every summer. This award, which can be won only once, is based on the general proficiency of the Club Member.

Why all this summer camping activity? The camp award programme gives recognition for good club membership. It attempts to give the 4-H Campers an opportunity to meet and learn to get along with other young people, to have recreational and edu-

things are considered, such as co-operation with members and leaders, participation in Club activities as well as Project Lesson Work.

The staff at the Girls Club Camps includes from four to six Extension Service Home Economists and several older 4-H members who act as counsellors. This past summer, a Recreation Specialist from the United States was also present to help with the programme. The facilities vary greatly with location; for example, straw ticks and tents at one camp compared to cabins and a

MANITOBA

cational experiences and to help the campers develop and use their leadership abilities. To try to meet these aims, the Manitoba Department of Agriculture Extension Service sponsors six camps.

Let us first look at 4-H Girls' Camps. These six day camps are held in four sections of the Province: Dauphin, Clear Lake, Killarney and Gimli. Depending on membership, each Club has the opportunity to send to camp, one or more of their top members who are fourteen years of age or older. In choosing these lucky 4-H-ers, many

shower-house with running water at another.

Activities at camp are many and varied. A class and contest in public-speaking is conducted at every camp, and the top six public speakers compete at the skit night held on the last evening in camp. One afternoon a general camp meeting and discussion is held. Topics for discussion usually include the Canadian and the Manitoba 4-H Club Councils, improvements in the 4-H Club Programme for Manitoba. Recreation is also part of the programme. It includes such activities

as handicrafts, games, folkdancing, swimming and sports. It is hoped that from these activities, the girls will be able to obtain some ideas to use in their home communities. Most of the camps have a newspaper prepared by the girls. Items in this paper include a thumbnail sketch of each person and a column on camp activities. The newspaper is mimeographed and distributed by the Camp Director.

Awards are presented to the winning public speaker, the top girl in handicraft, the best in sports and the most

special features of interest to boys are usually introduced. Gun safety is one that has been very popular.

Western Manitoba boys may attend one of the two camps held at Brandon during the week of the Provincial Exhibition. These camps differ in that the campsite is not located at a lake but at the Agricultural School in the city. The boys seem to enjoy the two days of activities which include tours to places of interest such as a packing plant or the Experimental Farm, judging competitions and a visit to the

4-H CLUB CAMPS

*By Lois Emmond, Assistant Director, Home Economics,
Extension Service, Manitoba Department of Agriculture.*

proficient camp girl at the last campfire. This is also the time for the candle-lighting ceremony on the true meaning of 4-H. Several campers and staff members take turns lighting candles and giving part of the 4-H pledge and its interpretation.

Summer camps are also organized for agricultural club boys. From the eastern half of the Province, one hundred boys attend the 4-H Club Camp at Gimli. The programme is equally divided into education, recreation and sports. Many of the activities are similar to the Girls 4-H Camps. Some

Provincial Exhibition.

In conclusion, one may say that the 4-H Club Camping activities of Manitoba tend to stress the importance of each 4-H Club Pledge:
I pledge:

My head to clearer thinking.
My heart to greater loyalty,
My hands to larger service,
My health to better living,
For my Club, my community and
my country.

—●

HOW.

MISS RUTH CARRUTHERS,
Department of University Extension
care, buying and storing of food. Th
inspection of camp food service.

A. FOOD

	Yes	No.
Fresh and wholesome
Protected from insects, dust and other forms of contamination
Accurate thermometer used to check that refrigerator temperature is 50° F. or below
Actual temperature reading °F.
Cream and custard pastries always refrigerated
Refrigerated foods stored in approved containers and spaced to allow free air circulation
Prepared foods that are to be held over, cooled quickly and refrigerated
Foods not held on steam tables or in refrigerator for excessive periods
Milk stored and served in approved manner

B. WORKERS

Free of colds, boils, pimples, rashes and other indications of infection
Hands (including nails) always clean
Clean personal and hand habits
Head coverings worn
Clothing clean
No tobacco used
Minimum manual contact with foods and ice
Proper utensils used for serving food to eliminate fingering
Knives, forks, spoons and cups picked up by handles; glasses by bottom

C. CONDITION AND CLEANLINESS OF PREMISES AND EQUIPMENT

Walls, ceilings and floors, dressing rooms and lockers, toilet rooms and fixtures clean
Ventilating system satisfactory
Lights clean and working properly
Refrigerator, cabinets, shelves and storage facilities clean
Fountain, counters, work tables, etc., clean
Slicing, mixing, chopping and other machines cleaned as often as needed
Tables and other eating surfaces suitably covered with cloth or paper or adequately cleaned after each use
Clean wiping cloths used
Dish machine clean and working properly
Utensils clean, free from corrosion and in good repair
Cream dispensers completely dismantled and cleaned as necessary
Ice cream dippers clean and kept in running water

DO YOU RATE?

her lecture at the University of Toronto,
urse, presented valuable material on the
article is her suggested check-list for self-

Sugar, catsup and other dispensers clean and protected from
contamination

No insects or vermin

Soiled clothing in suitable hampers or other storage facility

Adequate supply of soap and single service towels for handwashing

Conspicuous handwashing notice posted

Establishment free from empty cartons, boxes, unused equipment etc.

Garbage and refuse stored in tightly covered, leakproof receptacles

Wastes removed frequently and receptacles washed

Outdoor service areas neat, clean and free from vermin

D. WATER SUPPLY

Adequate, hot and cold, under pressure for all needs

E. SINGLE SERVICE PAPER, EATING AND DRINKING UTENSILS

Adequate supply on hand

Stored off floor in dry place away from heat, in original
containers

Protected from contamination and unnecessary handling

Dispensers used, kept clean and properly filled

Holders clean

Only wrapped straws used

F. MULTI-USE EATING AND DRINKING UTENSILS

No chipped, cracked or rough-surfaced dishes, glasses or cups

All clean utensils air dried before storage or re-use (no towel used)

Clean utensils protected from flies, dust or other contamination

Soiled utensils scraped or rinsed free of food particles before washing

Hand Dishwashing

Three compartments used with baskets

Recommended amount of water, detergent and sanitizer used

Temperature of wash water 120° F. by actual reading °F

Wash water changed as necessary

If sanitizing is by hot water, temperature 170° F. or above, and
utensils immersed for 2 minutes.

Actual reading °F.

Mechanical Dishwashing

Recommended amount of detergent used in wash tank

Temperature of wash water 130° F. by actual reading °F.

Clean wash water

Adequate supply of rinse water at 180° F. by actual reading °F.

How's Your Coverage?



By Clifford Labbett,
Camp Oconto.

Barely?

The Ontario Camping Association, during the past summer, carried out a pilot visitation programme to many of its member camps. This was a first step in the effort to implement Desirable Practices for Camps in Ontario. Since that time the results of these visits have been tabulated, examined and discussed by the members of the Standards Committee. Many interesting points have arisen from these discussions, and much has been learned for future use. It has been proposed that articles be written by various members of the committee on the information gleaned from the visitation programme, plus any information the committee feels may be of interest to members of the Ontario Camping Association or camps across Canada. The following article concerns insurance and workmen's compensation.

Of the camps requesting visitation, 28 were visited, and reports received by the committee. Listed below are certain of the questions asked and the replies received. It would be interesting to compare the replies here to the answer for your own camp.

Questions	Answers	
	Yes	No.
Do you carry —		
Workmen's Compensation?	25	3
Comprehensive Public Liability Ins.?	28	nil
Automobile Insurance?	25	3
(3 camps did not own a vehicle)		
Non-owned Auto Liability Ins.?.....	22	3
(3 camps report no vehicles-see below)		
Fire Ins.?	24	4
Health & Accident Ins. on campers?	18	8

Concerning Workmen's Compensation: in Ontario the Workmen's Compensation Act requires that all camps operated for a profit must protect their employees by reporting to the Board and paying the appropriate premium. Camps not operated for a profit may protect their employees under the Act, but are not obligated to do so. The premium payable is based on the wages paid, plus room and board (if applicable). The rate is .65¢ per \$100.00 of wages paid, plus room and board at a value of \$1.50 per day. If in doubt about any point here, contact the Workmen's Compensation Board at 90 Harbour St., Toronto, 1, or telephone EM. 2-3411. In the eyes of the law, ignorance of the law is not held as a valid reason for not protecting your employees according to the law.

Comprehensive Public Liability Insurance: this is a type of insurance coverage that protects the camp

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of

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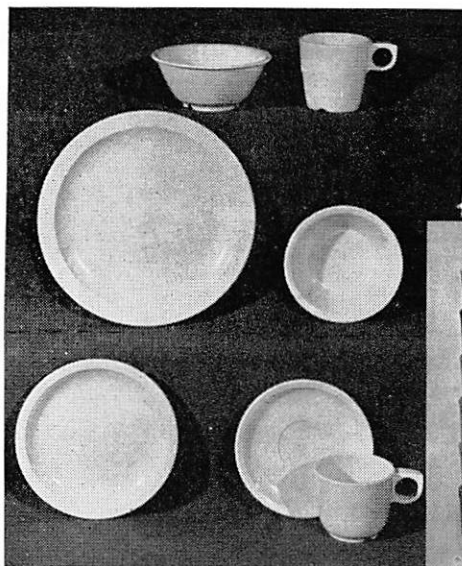
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ETHEL F. BEBB, Camp Editor

Redbook Magazine, McCall Corporation

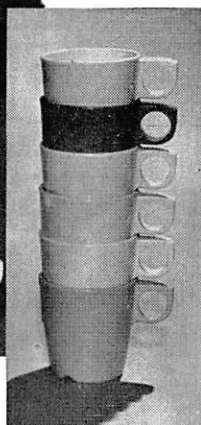
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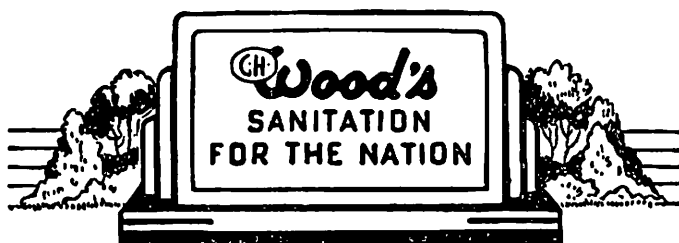
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"THE HOUSE OF PERSONALIZED SERVICE"

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against the liability imposed by law on the camp for its responsibility to the public for any harm that may befall any person or their property. While most of the chances of an accident occur on the camp property, there are also hazards off the camp property, and most of these are covered also. This policy can be extended to cover the hazard of Non-Owned Auto. Liability Ins. It covers the liability of the camp for accidents that a vehicle may become involved in when the vehicle does not belong to the camp, but is being operated on the camp's business or at the camp's instruction. Examples of this are the bus hired to bring the children to and from camp; the caretaker's vehicle being used to pick up a parcel for the camp and becoming involved in an accident. From the figures above you will see that three camps state "no cars" in reply to this question. I rather think that these camps do not realize the meaning of the term "Non-owned" and that the hazard exists at their camp, and they are without coverage.

Car Insurance: the biggest thing to watch concerning this policy, in fact, any kind of insurance, is that you carry adequate limits of protection. Usually the bulk of the premium you pay for a policy is simply to acquire the basic protection, and a very small portion is for increased limits; the coverage is well worth the small extra premium. If, at any time, you carry campers or employees in camp vehicles for compensation you are, in effect, making a taxi out of your vehicle. Operating in this manner is specifically prohibited by your insurance policy unless written permission is obtained from the insurance company. If you do this, the coverage required is called Passenger Hazard, and for an operation of the type done by a children's camp,

the cost is low. The basic law in Ontario is that a passenger riding in another person's vehicle of his own free will and free of any charge, rides at his own risk. If these conditions are changed in any shape or form, the liability changes.

Fire and Supplemental Coverages, such as windstorm and explosion: it was indeed a surprise to find four camps did not carry any Fire Insurance. While the writer does not know just which camps these are, there may be extenuating circumstances which warrant these conditions. The wording of your contract is the important thing to watch here. Is the policy subject to co-insurance? If so, you must keep your fire insurance up to value or you will become a co-insurer, which means in the event of a loss, you may be called upon to absorb part of the loss yourself. Also, rule out items that are not large in themselves or the chance of a loss is remote. Some of these are: docks, tent platforms, food (have a special policy written on food for the summer only), these items will vary in different camps.

Health and Accident Insurance: this is a protection which has become more popular in the last five years or so. It covers the campers, and in cases where Workmen's Compensation does not apply, can be made to cover employees. Some camps make this a voluntary item for the parents while others make it a required extra on the camp fee, and still others absorb it into the camp fee. With the advent of the Ontario Government Hospital Insurance on Jan. 1, 1959, the coverage under this type of contract will change. Review these changes with your agent. Some camps have adopted a question on their health forms requesting the parents to state their Hospital Insurance Contract number so that it is readily

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WINTER WONDERLAND

ALONG THE SKI TRAIL

By F. M. Van Wagner

Many campers who enjoy the woods and out-of-doors during the warmer seasons, may not have discovered that their favourite trails can be equally enjoyable when travelled on skis.

Those who have not kindled a fire on the snow and eaten lunch in the open during the winter, may imagine that it would prove difficult and uncomfortable. Having enjoyed this experience some hundreds of times, along Laurentian Ski Trails during the past twenty-five winters, I can assure anyone who is interested that it is both easy and most enjoyable.

These suggestions may prove helpful for anyone not experienced in winter camping:

1. The choice of a desirable site for lunch is important. A sheltered sunny location with sufficient dry wood handy is ideal.

2. Having chosen the site, gather all the wood that will be required, before removing skis. Use only dry wood, maple is best, but other types may be used if necessary. Look for small dead trees or dead branches on large trees. No axe is necessary, as small dead sticks can be broken easily. As the wood is gathered stand it on end in the snow near where the fire is to be built. This of course is to keep the wood free from snow.



3. Now remove skis and kick some snow away from spot where the fire is to be built, then tramp down the remainder. Powder snow will not pack but it will be considerably settled and that is all that is necessary. After the fire has been burning for a few minutes, the snow around the fire will pack hard under foot, so one will be standing on a packed surface, rather than in loose snow.

4. Next, break some of the largest sticks into approximately two-foot lengths and lay several layers of these on the snow to form a base for the fire. These base logs will keep the snow from melting away quickly, forming a hole under the fire resulting in fire going out. These foundation logs burn slowly, but will last as long as required.

5. To start the fire use paper, birch bark or small dead twigs from base of evergreens. Standing dead wood is

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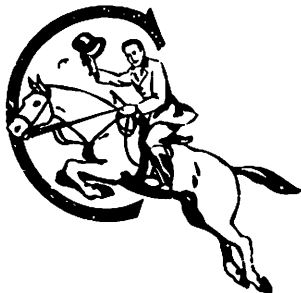
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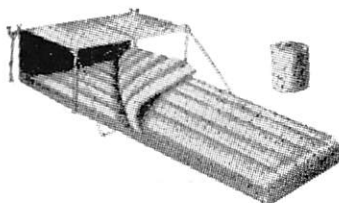
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usually drier in winter than summer and burns very readily. Before starting fire, see that there is sufficient wood broken into convenient lengths handy.

6. A green stick can now be inserted in the snow on which to stand the tea pail. Start by packing the pail full of snow. As the snow melts add chunks of snow rather than trying to put powder snow into pail, as that usually results in some snow falling into the fire.

7. At most it will require about five minutes longer than in summer to make tea under these conditions. Therefore lunch can easily be prepared and eaten within an hour.

8. There should be a fire for each four to six skiers so each one may have a place near the fire at all times, where he may share its warmth and prepare his lunch. To keep warm on a cold day, one must remain close to the fire.

9. For a quick lunch, sandwiches are ideal. They may be toasted on a forked stick to provide a warm lunch, which is highly recommended in cold weather. Frankfurters, sausages, bacon or steak may be cooked on a stick or small frying pan. Raisins, chocolate and cheese also make a good trail food. For a hot drink, soup, coffee, tea and chocolate are easily prepared.

10. If squatting or sitting on heels near fire is not comfortable, evergreen boughs laid on the snow or skis with running surface down will make a satisfactory seat.

11. Plan in advance each step to be taken, choose your site only after you have located the dead wood for the fire. Have each member of the party help with preparations and you will find after very little experience, that

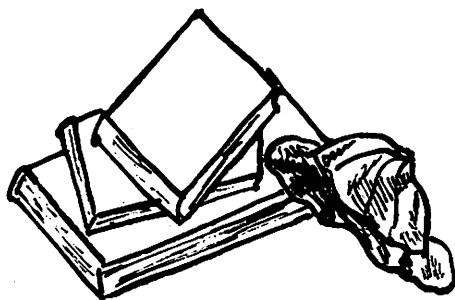
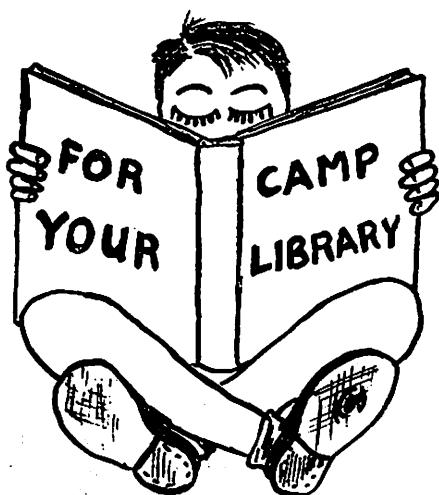
the lunch hour is one of the pleasantest parts of the day's skiing.

12. Finally, carry an extra sweater and put it on as soon as you stop. Stop for lunch as soon as the first member of the party feels hungry.

Fire Prevention

Every spring, local fire departments are called upon to suppress grass fires that "got away". Here are some precautions recommended by Lands and Forests officers who point out that grass does not benefit from being burned off in the spring but rather is harmed because fire robs the soil of organic matter and will burn down into the roots, resulting in poor stands of grass or hay:

1. Don't throw matches or cigarette butts from car windows.
2. Plan in advance if the grass on a vacant lot or field is to be burned off.
3. Have a tractor or a team with a plough available to plough a furrow or two to stop grass fires.
4. Keep a supply of water ready when burning debris.
5. Keep the fire at all times under proper supervision.
6. Keep shovels and brooms handy to beat out fire.
7. Don't light grass fires near buildings or wooded areas.
8. Never let children play with matches.



By Dorothy M. Douglas

SYMBOLISM IN FLOWER ARRANGEMENT

Ervin S. Ferry

Among the arts and crafts indigenous to camp, the creating of flower arrangements is an artistic enterprise with far greater scope and delight than many of us counsellors realize. Here is a project that will give purpose to nature hikes, subjects to handicrafts (the designing and making of flower containers,) and can contribute beauty and inspiration to our surroundings in Dining Room, Infirmary, Lounge, and Chapel.

Composing flower arrangements is something boys can do well — not just girls. Indeed, our author tells us that it is the privilege of the priests in the eastern temples to arrange flowers so as "to evoke an idea, convey a message, or arouse an emotion in the mind of the viewer." Man the world over has loved flowers and used them to decor-

ate his dwellings and his temples. Those of us who love the outdoors would claim that flowers are loveliest when seen in their natural setting, and this is actually one of the two fundamental principles of the Japanese Art of Flower Arrangement: "Every composition should consist of plant material apparently alive and growing as in its natural environment." The second principle is that "every flower composition should be a work of art of aesthetic value as decoration." In his book, Mr. Ferry offers a wealth of suggestions, culled from his study of the oriental schools and styles of flower arrangement. Those naturalists among us who deplore the wholesale picking of wild-flowers will approve the stress placed on simplicity and artistic use of just a few carefully chosen flowers, a branch or two of foliage. We learn that a flower composition includes also the container, the water surface (representing the earth), and often an accessory object of symbolic importance.

A Flower Arrangement Club or Committee (a Bouquet Brigade?) could be a new camp venture this summer. With a few grasses and flowers, branches, reeds or water plants, this group might like to prepare flower arrangements regularly or for special events. Corsages add festivity to drama, concert or banquet nights. The symbolism so charmingly employed by the orientals could be studied from such a book as this one. What fun to set up a boat container with flowers and foliage representing sails and an oar to say "God speed your voyage" to an out-going trip, or a nosegay of daisies (the flower of sympathy) and golden-rod (the flower of encouragement) for a sick camper. Of such things are lifetime hobbies developed. Brett-Macmillan Ltd., Galt, Ontario. \$4.95.

Just off the Press —

THE ADULT AND THE NURSERY SCHOOL CHILD

Margaret Fletcher

This clearly and simply written little volume discusses a way of guiding children of this age as they learn to accept regulations and responsibility; to develop interest and skills in their play and as they learn to live with others. The warm feeling of this well-known teacher for her small charges is clearly reflected in these pages and provides an exciting challenge to all who work with young children. Price \$2.75.

PARTIES FOR PRESCHOOLERS

Dorothy McKenzie and
Jocelyn Motyer Raymond

Illustrated by Marjorie Wilson

All who live and work with young children will enjoy the useful ideas for planning their fun presented here. Price \$3.95.

Both the above books are written by members of the staff at The Institute of Child Study, and are available at The University of Toronto Press.

CANADIAN GOVERNMENT PUBLICATIONS

The Queen's Printer, Ottawa, Ont.

Do you know that by writing to the Supt. of Publications at the above address and asking to be put on the mailing list for **SELECTED TITLES** you can receive monthly lists of the new publications released by The Queen's Printer? Some of these are of interest to camp and recreation leaders. Recent titles announced are **HAIDA MYTHS**, and **TOTEM POLES** both by Marius Barbeau, **THE CORN GODDESS** and other tales from Indian Canada by Diamond Jenness (\$1.00); **COME 'A SINGING**, a collection of thirty Canadian folk songs with music and illustrations (25¢); **THE PLAN FOR PHYSICAL FITNESS**, a pamphlet prepared by the RCAF for keeping fit in 11 minutes a day through the progressive use of five basic exercises (35¢); and **WILD PLANTS OF THE CANADIAN PRAIRIES**, a handbook describing approx. twelve hundred species with illustrations. (\$1.50).

BOOK OF AMERICAN INDIAN GAMES

Allan A. Macfarlan

This Canadian-born author is known to many of us through his **CAMPFIRE AND COUNCIL RING PROGRAMS**, **BOOK OF INDIAN LIFE CRAFTS**, and his two books on **GAMES FOR TEEN AGERS**. Now he has collected these one hundred and fifty games, many requiring little or no equipment,

continued next page

and all of them so suitable for camp. The range of appropriate age group is from Junior to Senior, and there are many games to keep teen-agers challenged and active.

The games are classified under the chapters Running and Relay Games, Racing and Kicking, Hunting and Stalking, Tossing and Catching, Throwing and Rolling, Skill Games, Guessing Games, Group Challenges, Man-to-Man Challenges, Ceremonial Games. Helpful illustrations are provided by Mrs. Macfarlan (Paulette Jumeau). Heading up the description of each game is the information one first needs in making a selection, shown in the following manner:

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Northwest Coast *
Boys or Girls 3 to 12 Players
Elem.-Jr. Outdoors or Indoors

*Indicating area or tribal source.
Association Press, (G. R. Welch Co. Ltd., Toronto). \$3.95.

HOW TO UNDERSTAND ANIMAL TALK

Vinson Brown

The beaver's tail smacks the water before he dives out of sight, the white-footed mouse thumps with his front feet and disappears, the squirrel semaphores with his bushy tail, the bull paws the ground and raises a dust. All these are danger signals in one important area of communication between animals, and are familiar to most out-

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doorsmen. But, do we know much about how animals "talk"? Or what they say? Suggestions on how to explore the subject are offered in this book by a keen naturalist who holds his master's degree from Stanford University. While engaged in research and writing, Brown is also a camp nature counsellor, and farms a small ranch in California. During his observations of domestic and wild animals he has been greatly interested in how they express themselves in calls, songs, colours, and movement. He believes much of their talk is instinctive, not learned, although it is improved and refined with experience. Since we can never be certain just what animal talk is intended to convey, we can only hazard opinions. One such opinion of our author is that animal talk is almost entirely emotional talk, more complex and subtle than the rather rare emotional talk of humans, and hence often mysterious to us.

There are few people who would ever have the opportunity to achieve the rapport with wild creatures of Kipling's Mowgli. But we can begin to learn something of animal talk by watching domestic animals: dogs, cats, horses, cattle, sheep, chickens, parakeets. If we take time to know them quietly they may even be encouraged to communicate with us. We can watch and listen unobtrusively when birds or animals meet, seek food, fight, care for their young. The author has written his book "to help you put sounds, smells, and animal signs into separate types so that you can more quickly understand their meanings." His discussion is enlivened by many anecdotes of personal experiences. After exploring the methods of communication among domestic animals, he goes on to those of the meat eaters (the weasel family, cat family, wild dog, bear, and



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seal families). Next he shows us how hoofs, ears, tails and squeaks serve to convey their owners' messages. Chapters on wild birds, reptiles, amphibians and fish prove immensely interesting. One could wish that he might come up to our northern lakes and discover for us what mean those beautiful and haunting cries of the loon. Or should we concern ourselves with the words when the music speaks to the heart? Little, Brown & Company (Canada) Ltd. \$3.25.

Conservation

So you are to be a camp leader. You will be living in Canada's glorious open spaces. You will want to discover with your young people what nature offers at your very door. What do you need? Just what we have — a reliable source book, **CONSERVATION AND NATURE ACTIVITIES**.

Published by the Audubon Society of Canada, **CONSERVATION AND NATURE ACTIVITIES**, a book of 256 pages, includes projects, seasonal activities, and 70 nature games. This is a storehouse of conservation on soil, water, forests, wildlife and recreational areas, all fully illustrated with hundreds of well-chosen photographs. A well-organized book, designed to answer every question for camp and youth leaders. Regular price \$4.50 For Camp Leaders we offer a special price of \$2.50 a copy for 10 or more. Order now from The Audubon Society of Canada, 423 Sherbourne St., Toronto 5, Ontario.

Other Conservation publications from the Audubon Society of Canada, 423 Sherbourne St., Toronto 5, Canada:

1. Canadian Audubon

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special teacher's bulletin offers help for camp and youth leaders.

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2. Canadian Audubon Annual for 1958

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Less 20% discount to educationalists and students 3.00 each

3. Audubon portfolios of Canadian Birds and Wildflowers

Canadian Birds — 16 full colour prints by Roger Tory Peterson, Allan Brooks and Bruce Horsfall75 cents

Canadian Wildflowers — 16 full colour prints, from true-to-life paintings by Barrie Rennie and Emily Sartain75 cents

Printed on high grade enamel stock 6" x 9". Each portfolio contains descriptive text in French and English.

4. How to Know the Birds by Roger Tory Peterson. An inexpensive handy guide, illustrated, paper covered, well suited to camp life.....60 cents

5. Audubon Junior Club material

Projects sheets, charts, etc. specially planned for group use in camps. Available in the Spring.

ENCYCLOPAEDIA CANADIANA

After six years of intensive effort and study on the part of a large staff of Editors and Assistants, Research Staff, Advisers and Consultants, the ten volumes of *Encyclopaedia Canadiana* were officially presented to the world at a banquet at the Chateau Laurier in Ottawa on November 14th. At this event, leather-bound sets were presented to Canada's High Commissioner for Britain, Sir Saville Garner, to the Governor General, and to the British

Museum, the United States Library of Congress and to the National Library of Canada.

Completely new in content and format, completely Canadian in conception and execution, the forty-three-page book of reference presents a source of authoritative information for which Canadians have long felt the need. The Grolier Society is to be commended on its achievement . . . the production of a set of reference books which should appear on every Canadian bookshelf.

UNIVERSITY OF TORONTO Extension Course in Leadership

For the third year, the University of Toronto is making it possible for the Ontario Camping Association to sponsor a leadership training course for camp directors and senior staff. The 1959 course will consist of seven lectures at a cost of \$10. Mr. Lloyd Perry, Chairman of the O.C.A. Committee on Legislation, is to be Moderator, and the following topics have been chosen:

February 19th — The Purpose of a Camp — Moderator and Panel

February 26th — Responsibilities of Various Staff Members—Mrs. Ralph Raymer, Director, Camp Tanamakoon.

March 12th — The Counsellor—Mrs. J. Harry Ebbs, Director, Camp Wapomeo.

March 19th — Discipline in its Varied Aspects — Dr. K. S. Bernhardt, Institute of Child Study.

March 26th — Organization and the Responsibilities of Planning — Miss Margaret Govan, Director, Camp Onawaw.

April 2nd — Communication — Rev. Wilbur Howard, Editor, United Church of Canada Sunday School Publications.

April 9th — Resume

Please note that there is to be no lecture during the week of the Con-

ference. Excerpts from these lectures will be published in Canadian Camping as soon as they are available

ENCYCLOPAEDIA BRITANNICA FILMS

A very recent mail brought to our desk three new catalogues listing hundreds of films on every known topic which are now available through Encyclopaedia Britannica Films, 978 The Queensway, Toronto 14. Catalogue No. 30 lists them all with prices.

Crawley Films, Limited, 181 Eglinton Ave. E., Toronto 12, has also produced some new and interesting sponsored films. You will find them all listed in their free catalogue of FREE FILMS. Catalogue and films are free for the asking.

THE CANADIAN ASSOCIATION FOR ADULT EDUCATION

The Fall meeting of the Canadian Association for Adult Education took place at the Chateau Laurier, Ottawa on November 14th, and gave us an opportunity to gather further information for Canadian Camping, as well as numerous sources of material for future use.

The satisfaction in attending sessions such as this lies not so much in line-for-line, word-for-word information we are able to gather and which has untold value in itself, but rather is it a realization that the Canadian Camping Association plays a part, and a unique part, in the broad Canadian field of education.

The C.A.A.E. meetings place us in line with Canadian Associations and a host of Government Departments and individuals engaged in adult education. But we stand by ourselves. Our charter calls for the education of camp counsellors, staff and directors. No other organization reaches this group in the specific way we do through conferences,

continued next page



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training sessions, workshops, University Extension courses and a magazine directed to camping folk alone.

At the present time, we are known only in a limited field. Among the organizations and associations represented, only the merest handful . . . "Y" representatives and those connected with welfare organizations knew of our work. This meeting gave us an opportunity to display *Canadian Camping Magazine*, to give a three-minute resume of the scope of the publication and the purpose of C.C.A., and thus introduce ourselves to Government representatives and those who stood for a large number of well-known associations from all parts of Canada.

YOU WERE ENQUIRING

Last summer, some organizations that operate a summer camp as part of their programme and are registered as a group with the Ontario Hospital Insurance Commission, were required to complete rather long exemption forms for each member of their temporary staff. This necessitated much paper work which seemed rather unnecessary. As a result, enquiries have been made to the Ontario Hospital Commission, which provides the following advice:

If a registered group hires temporary staff i.e. — counsellors for a summer camp for a period not exceeding two months, the employer may apply to the commission for a blanket exemption for the temporary staff. The only records that will be necessary will be the names and addresses of such staff. For such exemption, please write to: Mr. R. Foster, Assistant Director, Ontario Hospital Commission, 135 St. Clair Avenue West, Toronto, stating full particulars.

If your camp or organization is not registered as a group, there is no need to write for an exemption.

—C. Labbett



..... **YOUR LOVING SON**

The series of camp letters received by the parents of one young hopeful during the past summer have caused no end of amusement, as "Bob" innocently traces out his adjustment to camp life.

Behind the humour, however, lurks a sharp insight to some of the problems faced by a new camper, and which can never be completely understood by the counsellor or director. Could it be that these letters might provide guidance to parents as well as camp directors and counsellors?

Dear Mom and Dad,

The ride up here was rough. Last night I got about 1 hour's sleep and 1 thousand misquitoo bites. The grounds and cabins are horrible. I am not enjoying it. In fact, it is miserable. Please send me lots of 5¢ stams. I have a bunch of dopes in my cabin. The cabin is horrible. You die of heat every night and die of misquitoos. The sooner I get home the better.

Your miserable son,
Bob.

Dear Mom,

I hated getting here. When we went over a bump, the driver hit his arm against the steering wheel and it began to bleed. I do not like camp. There is one bunk less and so far its mine. I'm left bunkless. I hate it. The first meal was horrible. We can only see water from our cabin windo. This is my last camp.

Your loving, miserable son,
Bob.

Dear Mom,

I'm getting bored in this cabin. I have not gotten any letters from you. I am the only one in our cabin not getting mail. This is my fourth one to you. Do you feel happy? We go swimming twice a day. Please write.

Your loving son,
Bobby.

Dear Mom and Dad,

Gee, I got four letters today. You don't know what a good place this is. Yesterday we went on a six-mile hike. That was the first hike around the lake, so far. I am going to play tennis this afternoon. I am having a good time. I caught one guy reading my letter and told him to lay off. Everybody likes him and got mad at me. The food is good. The hike took us 1 hour and 56 minutes.

Your loving son,
Bob.

Dear Dad,

I went hiking. I got a good night's sleep. The misquitooes are awful. I went swimming. Please send me some stamps and some short-sleeved sports shirts.

Your loving son,
Bob.

Dear Mom and Dad,

Thank everybody for sending letters. Today is a scorcher. Me and my pal, Lawrence, are tennis champs of our cabin. Now it is drizzling rain. Last night we had a square dance. Did I ever have a good time. I really had a terrific time. I got a sweat shirt today. Please keep on writing.

Your loving son,
Bob.

P.S. I was just on the horse called Sin-sin.

It was the first time I was ever on a horse. First he taught me how to get on, then he led me around the ring and taught me how to hold the reins. Then he let me go . . . all by myself, for about a 1/2 hour around, around, turning, making her stop. Gee. Am I having a tremendous time. There's fun every day, all the time. I am coming back next year, I told the director.

Love,
Bob.

Sermons

Under

The Sun



There are times when many of us are at a loss to find suitable stories which teach a lesson to children without preaching a sermon. Our story for this month has been used by Howard Glaze, who finds that campers listen to it, ask that it be told again, and discuss it, often long after its telling:

Long ago in Germany there lived a kindly old school master. For forty long years he taught in the same room, in the same school, in the same village until at last he made up his mind to go on a holiday. For three weeks the school master enjoyed a wonderful vacation but he was glad to return once again to his little school in the little village where he had spent the greater part of his life.

On his first day after his return he brought to the school a large box filled with many gifts he had collected on his vacation to give to the boys and girls in his class. The pupils were delighted with their gifts. For Gretchen there was a sea shell which made a noise like the ocean waves if it were placed to the ear. For Carl there was

a marvelous little animal on a stick which would climb to the top of the stick and fall down again. The many, many other gifts would take me all day to tell you about. Finally all the gifts, but one, were given out. This one was a beautifully carved little angel with golden wings and the loveliest face the children had ever seen. Every child would have loved to have her, but no child thought that he or she deserved such an exquisite treasure.

Then the school master said a very strange thing! "Tomorrow," he said, "I will give the little angel to the boy or girl who brings me the most beautiful thing in the world!"

That night there was much guessing as to what "the most beautiful thing in the world" might be. The next day the children began to arrive with their presents. One boy hunted along the roadside until he found an unusually pretty stone. Surely, he said, this must be "the most beautiful thing in the world".

A plump little girl who was very fond of eating brought a lovely choc-

olate cake with icing four inches thick from her father's bake shop. "I know this is the most beautiful thing in the world!" she exclaimed, very proudly.

The jeweller's son brought a bright jewelled brooch which shone and sparkled like real diamonds in the sun.

Soon all the children were present and had shown their gifts — all, that is, except little Hans who was no where to be seen. Where would he be? Finally when the children thought they could wait no longer, the door opened and Hans ran in with something white in his arms. "I am very sorry I'm late," he cried, and then he held out his arms and showed them what he carried. "I was looking for something beautiful on my way to school when I came across some boys who were stoning this bird. I couldn't make them stop so I picked up the bird and ran as fast as I could. Hans looked down at the white pigeon in his arms, and as he did, the bird fluttered its broken wing, cuddled its head in closely to Hans' jacket and died.

As the school master gently took the bird from the boy's arms, a tear fell from Hans' eye and dropped on the bird he had tried to save. As the tear drop sparkled on the pigeon's white breast the school master said, "We have found the most beautiful thing in the world. It is the tear dropped in sympathy for another. Truly Hans, above all others, deserves the little angel."

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daily tasks which make for good control of their Diabetes. All children, but two, were giving their own Insulin injections without help when they left Camp.

On the eve of departure from Camp the children were given a gala banquet. Each child had sent an invitation to his own Doctor to attend. In spite of the early hour of the meal, many physicians managed to leave their offices in time to come to Camp for the final "do". After the meal they joined with the children in their last square dance, in much the same way as the Staff had done during the Camping period, and later climbed the hill with the children for the last campfire and its nostalgic songs. There were many moist eyelids as the children filed back down the hill to their tents, and many a small voice was heard to ask "May I come again if there is a Camp next year?"

"Yes, Sally and John, you may come again". We do not know as yet where or how the Camp will run next year. Much depends on the generosity of people donating to the Camp. We hope that in the not-too-distant future a Service Club or some Charitable Organization will become sufficiently interested in the Camp to establish it on a site of its own as an independent venture. Meanwhile, the Camp will be run on a year-to-year basis, probably using borrowed facilities. All Diabetic children will be eligible upon recommendation of their Doctor and acceptance by the Camp Committee. An age limit has not yet been established for the coming season.

Applications should be sent in early to: Camp for Diabetic Children, c/o Dr. Mimi M. Belmonte, The Montreal Children's Hospital, 2300 Tupper St., Room 478, Montreal.

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upon him. It is anticipated that Bark Lake graduates will leave camp with at least a minimum improvement in unselfish self-direction; that they will adhere to the demand for loyalty to the group they will serve; that they will have an increased respect for delegated authority; that their sense of "belongingness" will be strengthened. In order that these things become alive in the trainee, an attempt — yes, more than attempt—a stress, is made in the area of camper experiences to see that opportunities are given to demonstrate these things. So throughout their stay at the Ontario Camp Leadership Centre, the Bark Lakers in their relationships with staff and fellow campers implement what they learn about human behaviour through special projects, student council meetings, group section and tent projects, tent relationships.

The two courses in camp leadership training, boys and girls, are truly experiments of a worthwhile nature which are producing results. Such a conclusion is not without corroboration since camp directors from many camps of varied types write in to report on the contributions Bark Lake graduates make to their camps. In only a few cases have the aspirations of those who operate and conduct the courses been stifled by poor reports.

Notwithstanding all that has been reported, the successes of the training programme have not produced, after such a long time, a stereotyped and static procedure. Constant evaluation by all concerned, trainees, staff and interested camping people, is producing an approach to leadership training which not only keeps abreast of what is now known about leadership and leadership techniques but which provides camp personnel for the most part confident in their ability to make a contribution to the camping movement.

—●

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available in the event of an emergency.

Boilers and Pressure Vessels: while this item was not covered on the questionnaire used by the visitation committee, it came up in discussion and it was felt that some camps might not be aware of the requirements under this Ontario statute. The Ontario Government has in force an Act called the Boilers & Pressure Vessels Act, 1951, with subsequent revisions, which covers the inspection and operation of all vessels or objects operating under pressure—both high and low pressure. This act requires that all objects falling under the Act must be inspected and approved each year by either an Ontario Government inspector or by the inspector of an approved insurance company. For this service the Ontario Government charges a fee. If you have insurance, the inspection fee is part of your premium, and a copy of the inspector's report is sent to Queens Park. Most people purchase insurance which gives them protection in the event of an accident. Typical objects that are required to be inspected are a water pressure system operating over 15lbs., a boiler used to supply hot water to a laundry or for dishwashing, unless these are small domestic units.

The easiest way to find out, is to list all your objects that heat water or operate under pressure and contact your agent about them. He will advise whether they fall under the Act or not.

This by no means covers all the aspects of insurance and Workmen's Compensation. Consult your Insurance Agent as you would your solicitor or physician; he is always ready to be of assistance. Also, this is the time of year to look into this type of matter; there is lots of time before camp opens once again, and plans can be well made for future action.

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or you wouldn't have any campers the following year! If, for any reason you want to change a menu during the summer, that can be arranged. On occasions my cook decided to change several when the price of beef rose too high. She simply stated that I "couldn't afford beef for that there crowd and that she'd ordered veal"!

Snacks, picnics and trips are all discussed before camp, as are special menus for birthday parties, banquets etc. If, because of the weather, I wanted all my children out of camp at noon, there was no difficulty in switching menus around and having hot dinner at night when they came back.

A supervisor from the firm makes periodic visits to the camp to confer with both you and the cook. The caterer's staff is responsible for the cleanliness of the kitchen, equipment, refrigerator, dining room and all dishes, silver, etc. Floors are washed every day, tea towels every meal and my kitchen had never looked so clean. It is by no means a modern kitchen. I have no dish washer or electric stove, but the only item I was requested to buy was a potato peeler. Other equipment was supplied by the caterers for the summer.

All bills for supplies and salaries of employees are paid by the caterers, and a statement is sent to you at the end of each month. Your books from the summer may be examined at any time after your return to the city.

It IS more expensive — quite a lot more — but after two years, I never want to run my own kitchen again. Even children, notorious for their uncomplimentary remarks about food, had nothing but praise, and I myself felt that I had never had a more trouble-free summer nor tasted food of such a high standard.

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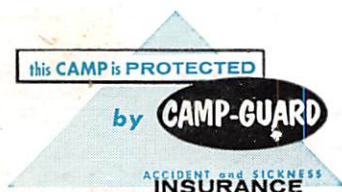


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